



# THE VOLUNTEER



*We will not tire We will not falter We will not fail*

VOL. 16 NO. 02

134TH AIR REFUELING WING

FEB 2016



## Always Training...

Master Sgt. Tyler Ott, a Boom Operator with the 151st Air Refueling Squadron at McGhee Tyson ANG Base operates the controls from outside of the Boom Operator Simulation System, better known as the BOSS, as part of a demonstration of the training system during a base tour. The BOSS is a simulator used to train boom operators on how to perform a mid-air refueling from a KC-135R Stratotanker. The simulator is set up exactly the same as the boom compartment in the refueling aircraft to offer trainees as close to real-world training as possible without actually flying. (U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



# “Volunteers Supporting and Defending America”

## 134TH AIR REFUELING WING CHAIN OF COMMAND

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Col Mike Lindeman  
**Vice Commander**

Chief Master Sgt Rich Parker  
**Command**  
**Chief Master Sergeant**

Col Bobby Underwood -  
Operations

Col Burl Lambert - Maintenance

Col Russ Gaby - Support

Col Jeff King - Medical

**Group Commanders**

Maj Gary L Taft  
**Wing Executive Officer**

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**Knowledge Operations**



Air National Guard photos by Master Sgt Kendra Owenby, 134 ARW Public Affairs

**Mission Statement:**  
Federal: Project Global Reach & Global Power in the interest of National Defense by providing world class personnel, vital Air Refueling & Airlift capabilities for contingency response & sustained combat operations  
State: Provide personnel and equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General

### Public Affairs Photo Studio Customer Service Hours

**Sat 1300-1500**

Please adhere to the scheduled times as studio will only be manned during those hours

### Customer Service Hours for

**Security Forces:**

**Mon/Wed/Fri 0800-1100**

**UTA Sat 0800-1100**

**UTA Sun 0800-1100**

### Clothing Issue: Customer Service Hours

**Mon-Thur CLOSED**

**Fri - 0700-1100 &**

**1230 - 1600**

**UTA Weekends**

**Sat 0830 - 1100 &**

**1215 - 1530**

**Sun 0730 - 1100**

### Customer Service Hours

**Mobility (Bldg 264):**

**Mon-Fri**

**0700-1100 & 1230 - 1600**

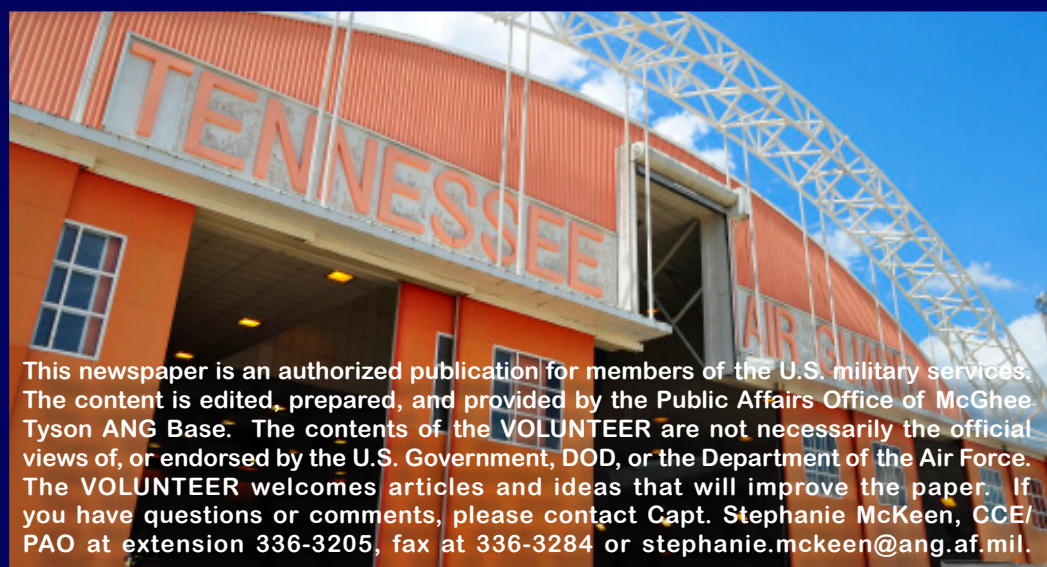
**UTA Weekends**

**Sat 0830 - 1100 & 1215 - 1530**

**Sun 0730 - 1100**



Photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs



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## Smoky Mountain Air Show – April 16 & 17

### Frequently Asked Questions for personnel with a current military I.D.\*

1. Will personnel with a current military I.D.\* be allowed day to day access to the base during the air show?  
Personnel with a current military I.D.\* will be able to enter the base and park without being charged. However, parking will be on a first come first serve basis. Once all parking slots are filled, only 134<sup>th</sup> ARW military personnel, Air Show workers or those with a reserved pass will be allowed to enter the installation.
2. Are personnel with a current military I.D.\* guaranteed parking on the installation for free?  
Only 134<sup>th</sup> ARW personnel in uniform and those with a designated reserve pass (vendor, VIP, volunteer, accessibility needs pass) are guaranteed parking. All other parking is based on availability.
3. What time will the base be open to personnel with a current military I.D.\*\* who are NOT part of the Air Show?  
The base will open for personnel with a current military I.D.\* (who are not part of the Air Show) at 0800.
4. What time will the spectator area open?  
All spectator gates will open at 1000am. Security screening will begin at 0800 and personnel will be staged in a holding area until official gates are open.
5. Will personnel with a current military I.D.\* have to go through security screenings?  
ALL personnel entering the airshow area will have to go through a security screening. Screening includes search of any hand carried items and a scan with a scanning device.
6. Will personnel with a current military I.D.\* be allowed into the “Non-Spectator areas”  
All personnel with a current military I.D.\* entering McGhee Tyson Air National Guard Base via the main base entrance will receive a colored wristband that will grant them access to the show area as well as the main base area.
7. Are there parking spaces available for personnel with a current military I.D.\* who have accessibility needs?  
Yes, the base will have a limited number of accessibility needs spaces available (for personnel with a current military I.D.\*) on a first come first serve basis. Please contact Capt Stephanie Mckeen at 865-336-3205 for additional information.
8. Will personnel with a current military I.D.\* be allowed to attend the practice show on Friday prior to the Air Show?  
Yes, personnel with a current military I.D.\* may attend the practice show on Friday. All spectator gates will open at 1000am. Security screening will begin at 0800 and personnel will be staged in a holding area until official gates are open. Personnel with a current military I.D.\* are actually encouraged to attend on this day. Crowds will be smaller.
9. Will the Friday practice show lineup be the same as the show on Saturday and Sunday?  
At this time, the show lineup is scheduled to be the same on all three days
10. Where will personnel with a current military I.D.\* need to enter / exit the base?  
Access to the military base will be through the Main (front) Gate only. Both the main gate and back gate will be open at the end of the air show to expedite traffic. Local law enforcement will be directing the flow of traffic.

\*Active, Guard, Reserve, Retired, dependent

# Coping With Deployments

## Psychological First Aid for Military Families Course



American Red Cross

*The Coping With Deployments course was developed by the American Red Cross specifically to address the stresses and strains that deployments place on the families of service members. The Red Cross worked closely with subject-matter experts from all service branches—along with National Guard and Reserve components—to complement what is offered in their courses.*

**How will this course help me?** This course was designed to assist military families in managing the changes in their lives when their service members are deployed. It provides useful information on how to strengthen your ability to successfully respond to the challenges you may encounter throughout the deployment cycle. It also explains how to provide psychological first aid to others experiencing stressful feelings or events. It includes an adult section, a children's section and a comprehensive resource and referral section.

**Why this course?** This is the only national-level course specifically designed for military families, including parents and significant others, that bridges all branches of the Armed Forces and provides hands-on tools to help families cope with deployments. The complete course is approximately 4 ½ hours in length. It can be divided into an adult module (2 ½ hours) or a children's module (2 hours). The children's module teaches adults how to support children as a result of changes they may experience due to deployment of a family member.

**Who can take the course?** The course is available to the family members of Reserve, National Guard and active duty service members, including spouses,

older children, parents, siblings and significant others, as well as to military members who take it with their family. Veterans and their family members are also eligible.

**Who teaches the course?** Actively licensed and specially trained Red Cross mental health professionals teach the course.

**Can we, as a Family Readiness Group, take the course?** Yes, the entire course or individual modules can be taught at Family Readiness Group meetings, Family Day gatherings, briefings before, during and after deployments; and at other activities. The Red Cross will make every effort to meet specific scheduling needs.

**Is the course available where I live?** Coping with Deployments is available in all 50 states. For more information, contact the Red Cross chapter in your community.

**How much does the course cost?** The course is free and is taught in a confidential environment.

**How do I enroll in the course?** If you live in the continental United States, contact your local Red Cross chapter to enroll in Coping with Deployments. To find your local chapter, please visit [RedCross.org](http://RedCross.org).



**Date:** Saturday, Feb 27th 2016, 9:00am to 11:30am.

**Location:** McGhee Tyson ANG Base (Wilson Hall/activities bldg.)

Coffee/doughnuts & childcare will be provided! Registration is required & limited so don't delay! Please call or e-mail Steve Latham at (865) 336-3107, [Stephen.J.Latham2.civ@mail.mil](mailto:Stephen.J.Latham2.civ@mail.mil) or Angie Beaty at (865) 696-2035, [abeaty7@utk.edu](mailto:abeaty7@utk.edu) as soon as possible but no later than Feb 24th, 2016.

# Make A Difference

By Chief Master Sgt. Mike Heath, 30th Medical Group



The "Minuteman" statue stands guard outside Patriot Hall at the Air National Guard Training and Education Center (TEC), McGhee Tyson ANG Base, Tennessee. (U.S. Air National Guard photo by Master Sgt. Kurt Skoglund (Ret.)

VANDENBERG AIR FORCE BASE, Calif. (AFNS) -- Will you make a difference in someone else's life today? We have all heard someone say, "Take care of your people and their families." Have you ever stopped to think why we hear this so often?

As Airmen, our number one responsibility is to accomplish the mission. However, without smart, dedicated, hard-working people and the unconditional support of their families, the mission would not get accomplished. This philosophy is not new. In fact, it's been a fundamental concept in our Air Force culture for many years, but are we truly putting forth our best effort on a daily basis to be involved in the lives of our people and understand the needs of our Airmen?

Genuinely caring for your Airmen is essential and helpful when providing honest and realistic performance appraisals. Mentor those whose development with which you are charged. Make sure they can do your job someday. Teach them from your experiences -- the good, the bad and the ugly.

Share your successes and failures and tell them how you handled them. Make it a teaching moment so you can make them better leaders.

Taking the time to develop Airmen is not an easy task and it's not something that can be done only online or by computer based training. It takes human interaction, patience, effort, and an ability to evolve. Enable and motivate people to accomplish the mission. Give a sense of accomplishment and make sure they are recognized for it. If done properly, no doubt you will instill confidence in others and ensure the success of tomorrow's leaders.

It's not about you. It's about other people. When you take care of your people, help them accomplish their goals and live up to their potential, and great things will happen. Not only will the mission get accomplished, but innovation and excellence will ensue. These things can happen when you

realize it's not about you and you take care of your people. You and I share a common blessing in that we are members of the finest country in the world. I have faith that you will endeavor to make our country even better in the future by making a difference in someone else's life today.

I was entrusted with the incredible responsibility to be a supervisor more than 25 years ago. I started something that first morning as I prepared for work. As I was so proudly putting on my Air Force uniform I looked into the mirror and said, "Will you make a difference in someone else's life today?" I have asked that question every day since. When I get home at the end of my duty day, as I take off my uniform, I look in that mirror again and ask myself, "Did you make a difference in someone else's life today?" Sometimes the answer is no, so what do I do the next day? Try harder!

So I ask you; will you make a difference in someone else's life today? If you do, it could inspire an Airman for a lifetime.

# Don't Miss the Smoky Mountain Air Show!!



APRIL 16-17, 2016  
Knoxville, TN

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WORLDWIDE  
GOVANQUISH.COM THE PREMIER SPONSOR OF THE  
SMOKY MOUNTAIN AIR SHOW



A portion of the proceeds go to  
**HonorAir Knoxville**



## RECRUITER'S CORNER



### Student Flight – Listen Up!

\*\*\***Pre-BMT class** – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1300**. This is a **mandatory** class (as directed by Col. Cauthen) until you ship out to BMT. You must report to roll call in order to get paid. Any absence must be cleared prior to roll-call through the recruiting office supervisor, Master Sgt. Curtis LaRue.

\*\*\***In-processing checklist** - **Saturday** at **1230** of your first drill weekend you are required to report to the Public Affairs/Multimedia Photo Studio (in the headquarters building) to have your **portrait** taken. This photo is **mandatory** in order to complete your in-processing checklist.

\*\*\***Security Clearance Process** - All new enlistees please ensure you have logged onto [www.opm.gov/e-quip](http://www.opm.gov/e-quip), to initiate your clearance. Once you have logged on, you have **60 DAYS** to complete this. This is a **mandatory** item. **Failure to complete on time will result in a counseling session with the Force Support Squadron Commander, Lt. Col. Dean Thiele.** Note: answer 'unknown' the first time and only the first time you answer the question 'place of birth.'

To Contact the Recruiters: Call DSN 266 or (865) 336-3242, 3257, 3258, or 3262; or go to: <http://www.134arw.ang.af.mil/careers/index.asp>



# INFORMATION ASSURANCE

## Information Assurance Awareness: Staying aware of cyber threats!

Submitted by TSgt Adam Huskey, 134th Communications Flt



### Classified Message Incidents & You

What do you do if you are sent an email that you suspect contains classified information?

Refer to: 134ARW/VA 33-200c;

\*Green-Red-Yellow card posted near your computers/phones

A CMI is a classified message that has been sent and/or received over an unclassified network. It can be in the body of an email or in an attachment.

Step 1 – Stop! If the system has wireless capability (laptop) turn off the wireless.

Step 2 – Disconnect the LAN cable unless otherwise instructed by communications personnel.

Step 3 – Secure the affected system(s) and or printers in a GSA approved container or vault, OR post someone with appropriate clearance.

Step 4 – Report Immediately! Use a secure phone or convey in person to your unit security manager or commander. Notify your CSA; if unavailable contact the CFP at ext. 4357 or the Wing IA at ext. 4925.

\*\* Over unsecure channels use the acronym “CMI” do not discuss details via this method.

\*\*If you need our assistance or have questions please don't hesitate to call us. We're always glad to help!!

### This Month A Reminder: Best Security Practices

Hackers employ a variety of measures and attack vectors to exploit webmail systems. Common threats include spam, malware, phishing, spear phishing and social engineering. Hackers may also simply do a web search for a name and email address and use bots to figure out the correct username and password combination to gain access to an account. Utilize the following list of measures to mitigate webmail vulnerabilities and security risks:

- Always use HTTPS to access webmail
- Use two-factor authentication
- Use a reputable and secure commercial webmail provider
- Always log out of webmail when finished; never keep the session open
- Use a Virtual Private Network (VPN) when on public or unsecure Wi-Fi networks
- Do not store cookies in the web browser after logging out of the webmail session
- Do not select the “remember me” option to stay logged-in on the provider's webpage (i.e. persistence login cookie functionality)
- Do not store Personally Identifiable Information (PII) or other sensitive information anywhere in a webmail account
- Use easy to remember wrong answers or a mash-up of answers in adding security questions as an authentication step
- Use alphanumeric passwords with special characters, do not share the password and do not use it for other accounts
- Maintain possession of your laptop or personal mobile device at all times. Keep it locked.
- Password protect your mobile device and consider using encryption to protect your PII.
- Be careful using public Wi-Fi hotspots for email

**Information Assurance POCs:  
Master Sgt. Jennings (865)336-4924  
Tech. Sgt. Huskey (865)336-4936**



# MEDICAL SCHEDULE

## SATURDAY UTA

- 0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS**
- 0930-1000 HOURS NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)**
- 0830-1130 HOURS IMMUNIZATIONS**
- 0830-1130 HOURS QNFT TESTING**
- 0830-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING**
- 1000-1100 HOURS FITNESS TESTING EVALS (MACLELLAN/BLYTHE)**
- 1130-1230 HOURS LUNCH**
- 1230-1400 HOURS WAIVER/MEDCON/LOD APPS W /DOCS & PAS**
- 1300-1400 HOURS BALLISTIC EYEWEAR FOR DEPLOYERS (OPTOMETRY)**
- 1300-1430 HOURS IMMUNIZATIONS**

## SUNDAY UTA

- CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:**
- 0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS**
- 1130-1230 HOURS LUNCH**
- 1230-1330 HOURS IMMUNIZATIONS**



U.S. Air National Guard photo by Staff Sgt. Ben Mellon, 134 ARW Public Affairs

**PLEASE REMEMBER TO REPORT ALL MEDICATIONS THAT YOU ARE TAKING TO THE MED GROUP IMMEDIATELY!!!**

- NOTE 1:** INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.
- NOTE 2:** INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.
- NOTE 3:** IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT LENSES FOR EXAM.
- NOTE 4:** IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.
- NOTE 5:** DNA TESTING IS CONDUCTED FROM 0830 - 1100 HOURS OF SATURDAY UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.





# AROUND BASE



## ROCKY TOP DINING FACILITY

**Saturday:**

**Sunday:**

Spaghetti  
 Mashed Potatoes  
 Corn  
 Carrots  
 Gravy  
 Garlic Bread  
 Rolls  
 Soup/Salad Bar

Grilled Chicken Breast  
 Pit Ham  
 Rice  
 Gravy  
 Sweet Peas  
 Broccoli  
 Rolls  
 Soup/Salad Bar

Short order menu for Sat & Sun:  
 Hamburgers, Hotdogs, Fries, Baked Beans & Chili

## Follow the 134 ARW on Social Media

Keep up with your fellow Airmen and their 134th Air Refueling Wing stories, photos and videos by checking out our FACEBOOK page and web site:

[www.facebook.com/134ARW](http://www.facebook.com/134ARW)  
[www.134arw.ang.af.mil](http://www.134arw.ang.af.mil)

Contact Public Affairs to become a UPAR today! (Unit PA Representative)  
 Submit your articles, photos or videos to Public Affairs to help share your Air Guard story!



Air National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs

# J E A A



The Junior Enlisted Advisory Association welcomes all junior enlisted members to join the group. All E-1s through E-6s are encouraged to attend. JEAA meeting times/locations are announced at Sat. roll calls. Hope to see you all there!